

## ABSTRACT OF THE DISCLOSURE

There is provided an oil or fat composition composed chiefly of triglycerides wherein the amount of medium-chain  
5 fatty acids in all the fatty acids composing the oil or fat composition is 5 to 23 % by mass and the amount of triglycerides having two medium-chain fatty acid residues in the molecule in all the triglycerides is 1 to 20 % by mass.

10 The oil or fat composition is low in body fat accumulation, has equal cooking properties with  

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conventional edible oils and has good flavor and high safety.